

T - G.R.O.W: Useful Questions?

T – Topic

G – Goal

R – Reality

O – Options

W – What Next?

Topic

“What would you like to focus on today?”

“What would be helpful to get from this conversation?”

Goal

“What’s important to you about this?”

“What’s your goal? / What do you want to achieve?”

“What do you mean by _____?”

“What would it look like if you achieved this?”

Reality

“What’s the current situation?”

“What’s in the way? / What will you need to face?”

“What support could you call on?”

“How have you tackled similar challenges in the past?”

Options

“What options do you have?” and “What else?”

“What would a friend suggest you do?”

“What do you have control over in this situation?”

“What would you advise someone else to do?”

What Next?

“What will you do after today?” “By when?”

“Who do you need to tell to keep you accountable?”